

Welcome to

**Metacognitive Training
for Depression (D-MCT)**

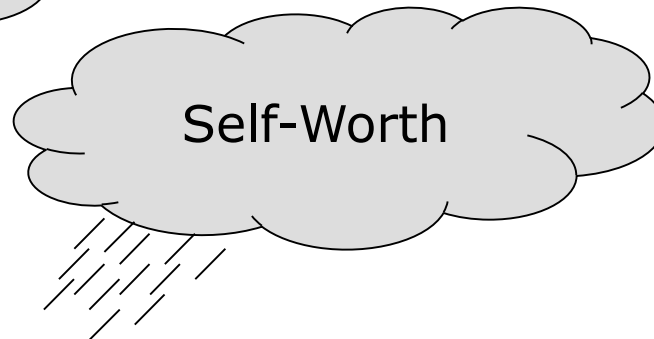
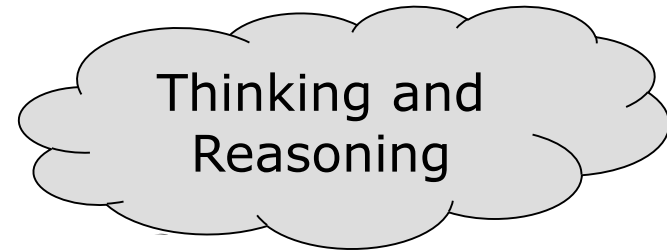
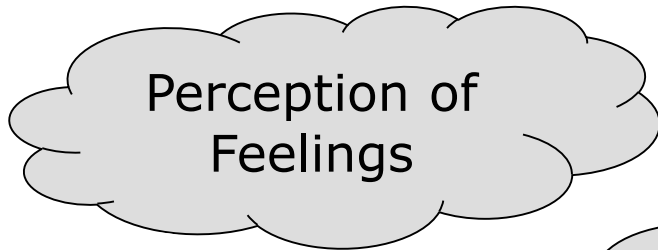
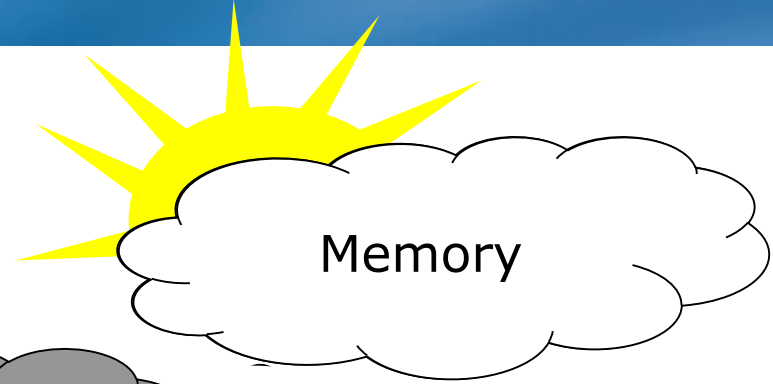
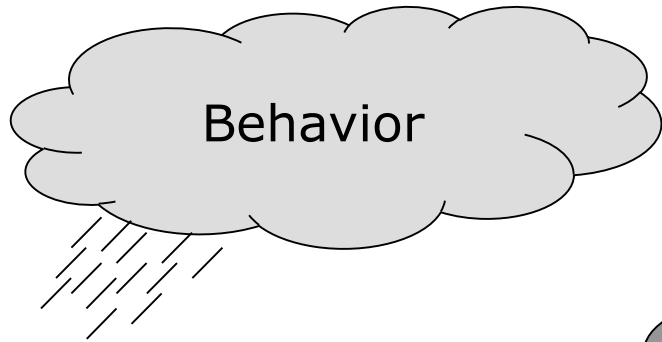
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ljelinek@uke.de

D-MCT: Satellite Position



Today's Topic



D-MCT Topic:



Memory



How is memory related to depression?

- Many individuals with depression complain of having problems with concentration and memory.



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- Decreased concentration may even be a possible diagnostic criteria for depression.



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Have you experienced this?

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On average, only about 60% of the information from a story could be recalled (40% could not!).

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A memory exercise ...

Exercise

- Complex scenes will be shown to you.
- Then, you will be asked what was depicted in the picture.

During this exercise, you should try to correctly remember as many details as possible.



Camping Trip

What was shown?

- Mobile home
- Awning
- Set table
- Bicycles
- Table cloth
- Chairs
- Blue sky

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- Crown
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This phenomenon is also evident in everyday life:

False Memories in Everyday Life

Ex: Childhood memories



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- Classmates often remember the same event completely differently.

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Ex: When situations are very similar

- Ex: A woman is certain that she has her wallet and remembers packing it in a red purse. Instead, the woman put the wallet in the brown purse the day before.

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- Keep in mind that (like everyone else) you can make errors because our memory is not a video camera.



Concentration & Memory

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Why could people with concentration problems have a poorer memory? Here's a little math problem ...



Math Problem

A bus driver leaves the bus station in the morning with an empty bus. At the first bus stop, 5 people get on. At the next stop, 4 more people get on, and 2 people get off. At the next stop, 1 passenger gets on. At the next stop, 6 more people get on. At the following stop 8 passengers get out and 3 people get on. Then, at the next stop, 2 more people get out.



Math Problem

Question: How many times did the bus stop?!?



Math Problem

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Correct answer: at 6 stations!

In the end, 7 passengers remain on the bus, but that was not what was asked.

Concentration



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Concentration

- Our attention works like a **spotlight**; only one object on the stage at a time can be illuminated.
- We can only correctly remember things that we have previously focused our attention on (i.e. passengers getting on and off the bus or bus stops)!
- It is impossible to focus our attention on all information in our environment at the same time.





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- During strong ruminations circling thoughts often claim all of one's attention.
- There is hardly any attentional capacity left that can be focused on other (more important) things in the environment. The spotlight is focused virtually inward.
- As a result, those affected by ruminations can later barely remember some details in their environment.

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Frequent Concern: Am I getting Alzheimer's?

No! The memory problems are explainable.

- It is rather related to decreased information intake versus "forgetting" altogether.
- Loss of motivation, apathy and lack of energy that often occurs during depression can also explain reduced information intake.
- When ruminations/depression are reduced, individuals can attend to other things again and remember them.

Do we all see and remember the same?



Example: 3 artists painting the same Catalan countryside...

Pay attention to the differences in the colors and the sizes in the three paintings!



Are there things that each artist depicted or omitted differently?



Andreas Weißgerber

Helmut Schack

Bernd Hampel

Pay attention to the differences in the colors and the sizes in the three paintings!



Are there things that each artist depicted or omitted differently?



Andreas Weißgerber

Helmut Schack

Andreas Weißgerber: The hills in this picture are flatter than those in the other two paintings.

Bernd Hampel: The colors in this landscape are much *earthier* than the other paintings. The tree to the right side of the street **is missing** (red circle).

Bernd Hampel

Helmut Schack: In this picture, it is apparent that a different field stretches to the horizon. The landscape is almost colorful. In comparison to the other pictures, the cluster of trees are partially exposed in front of the horizon.

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- No, every person perceives things differently! As in the three paintings - the same landscape is visible but with different accents!
- In general, we focus our attention on information that is **personally meaningful**, for example, because it fits our mood.
- Studies show that our **current mood** influences what types of memories we will have access to.



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Have you experienced this?

Remembering through gray-tinted glasses

- The emotional **coloring** of memories also relates to false memories!

Remembering through gray-tinted glasses

- The emotional **coloring** of memories also relates to false memories!
- This can impede a realistic view of the world and encourage depressive processing (therefore, providing additional "evidence" in the sense of depressive processing).



What can I do about it?



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- Practice remembering positive events more frequently in daily life, e.g., keep a **joy diary**, in which every evening you jot down things that went well.



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in everyday life?

???



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1. Try to incorporate as much **structure** into your daily schedule as possible. The more routine your behavior is, the less risk there is of forgetting something.
2. It is also helpful to maintain the best possible "**external order**". You can find items more quickly and remember better when everything has a specific place.



What helps with memory problems in everyday life?

3. Post important notes in logical **places** (e.g., medication schedules to the refrigerator or bathroom mirror; items to remember to take with you on the front door, etc.)



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What helps with memory problems in everyday life?

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4. Use **appointment calendars** or other **memory aids** (ex: from a Smartphone or email program).
5. Make it a habit to always carry a **notebook** (or pocket calendar) and a pen so that you can note down important things (such as To-Do lists).



What helps with memory problems in everyday life?

6. When you are travelling and want to remember an idea but have no way to note it down, try to **anchor** it by linking the idea to an object (e.g., tie a knot in your handkerchief, move a ring to a different finger, put a rock in your pocket).



What helps with memory problems in everyday life?

6. When you are travelling and want to remember an idea but have no way to note it down, try to **anchor** it by linking the idea to an object (e.g., tie a knot in your handkerchief, move a ring to a different finger, put a rock in your pocket).
7. The more senses and methods used while learning, the better the retention rate. Therefore, try to use various "channels", such as hearing, seeing, discussing, and applying.



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Learning Points



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- Unlike dementia, the concentration and memory problems in depression are less severe and can improve if the depression decreases.



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Learning Points

- Memory problems in depression can be explained (ex: through concentration problems; frequent rumination).
- Unlike dementia, the concentration and memory problems in depression are less severe and can improve if the depression decreases.
- In general, our memory is deceptive! Our memory is prone to bias. Memory is especially dependent upon our current mood.



Memory

Learning Points

- Use memory aids during periods of depression (calendars; post-its) and keep a joy diary.



Memory

Learning Points

- Use memory aids during periods of depression (calendars; post-its) and keep a joy diary.
- Nobody's perfect: We all forget things. This is normal and sometimes a good thing!

Thank you!

